

ABSTRACT OF THE DISCLOSURE

Adjustable length element includes a first member having threads and a second member having threads. The adjustable length member also includes at least one protrusion on one of the first member and the second member, with the at least one protrusion being capable of engaging and disengaging at least one stop associated with the threads of the other of the first member and the second member as the first member and the second member are rotated relative to each other. A lancet device includes a housing, a needle holding member in the housing for holding a lancet, a biasing element for biasing the needle holding member toward an extended position, and a trigger for releasing the needle holding member from a retracted position. The lancet device also includes a cap for covering the housing and for positioning the lancet device relative to a skin surface, the cap including a first cap member having threads and a second cap member having threads. The cap further includes at least one protrusion on one of the first cap member and second cap member, with the at least one protrusion being capable of engaging and disengaging at least one stop in the threads of the other of the first cap member and the second cap member as the first cap member and the second cap member are rotated relative to each other.